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SPELLS FOR THE LAZY WITCH

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Spells for the Fat Witch

Spells for the Lazy Witch

Meditative bathing techniques.



Deborah Ashe

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**For me,
just because.**

Foreword

The word spell has for ages conjured up images of ugly old women with broomsticks and menacing cats. Even though it now carries a negative connotation, I loved that image when I was a child. When you look at the true usage of the word, you could just as easily say wish; prayer or meditation. It's just a word to describe the intent and focus of a person to attain a goal. No matter what background or spiritual path, people usually have the same basic needs; to be safe; to have abundance; to be loved, and to have purpose. Their goals reflect their needs.

I find it helpful to have an image of focusing the mind by pointing an object, such as a finger; a wand or a staff. They are physical images of the focus of mind energies. We can cope with these images better than imagined ones because we can actually see them. Such is often the case with candles and small rituals that create a scenario for the mind to focus upon.

Some of us lose sight of the fact that we are all in charge of our own emotions and the world is bombarding us constantly to evoke a change or

response in those feelings. People often feel guilty when they take time out of a busy life for themselves.

This little book is a tongue in cheek reminder to stop and smell the roses or, in this case, the bathwater. The bathroom can become the only sanctuary in a busy family life, and I have known people to get up extra early to have that time before everyone else wakes up. That's why I made this collection small, I wanted you have time to actually read the whole thing! I hope you find it helpful.

If you are like me and have ended up without a bathtub, you can easily adapt the methods by placing a comfortable plastic chair in your shower. Believe me, it works.

Deborah Ashe
December 2004

All recommendations and recipes included in this collection are from traditional usage only. They are not a substitute for competent medical care.

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SPELLS

Spell to Bring Love

Preparations;

- Light a red candle.
- Burn some Dragon's Blood incense
- Bathe in rose water. Add petals if you have some.
- Relax.

Drift in the warm water visualizing your ideal of a person you could love. Picture them coming to you in warmth. Visualize that the rosewater is love and as it enfolds your body, you feel at peace.

Picture yourself being loving and happy. Meditate on the work it takes on many levels to remain happy and fulfilled. Remind yourself that you have many qualities that should be treasured. You will not change or disguise who you really are to attract a lover. Celebrate the honesty of being fulfilled and nurtured without the

need of another person. Then you can visualize a lover coming to you and cherishing those qualities within you.

Be real in your expectations, work towards finding a partner or loved one who has both flaws and perfections that are compatible with your own. You do not need a knight in shining armour, you are strong and compassionate enough for yourself.

Understand that love is not perfect. Strive for happiness in yourself and feel whole and complete with your own persona. Love yourself and others will love you.

I don't recommend that you fixate on a single person as the object of your desire. Firstly, if it works for you, there will always be the thought that you created their love for you and it did not bloom naturally. Secondly, while you are concentrating all your energies in one direction, many opportunities are passing you by. Open your mind to encompass the new.

Spell to Lose Weight

Preparation;

- Light a white candle.
- Burn some Frankincense
- Bathe in warm water with several drops of orange fragrance oil. [not essential oil]
- Relax.

Lie back. Feel the warmth of the water on every part of your body. Look closely at yourself. Which parts of you need reshaping? Why aren't you happy with your figure? Make sure that you want to change for your own reasons and not for someone else or to fit in with the imagined norm.

Once you have decided you want to change those parts, visualize how you would like them to look. Make firm resolves to exercise those parts. Even one or two extra movements a day will make a difference. Don't expect to become an athlete overnight. I often recommend doing

household chores to music. Dance while doing the dishes, sweeping the floors, making the beds. It's amazing how those jobs become more fun to do and your body will appreciate the extra energy it gains from the stimulus. Bring back the joy in moving your body.

Visualize how small changes in your diet would change your body. Make realistic goals and set small challenges for yourself. Do not set the goals too high. A good method to use is the process of habituation. Simply put, if you are in the habit of eating, say, a chocolate bar a day. Eat one square of the bar less, break off the square and store it in a container. Do this every time you eat it. When you are totally used to eating that amount without feeling deprived, break off two squares. Follow this method until you only want to eat a square at a time. Use up the stored chocolate.

Get to know your body intimately. See how it feels. Massage problem areas, feeling the flesh and treating it well. It is part of you. Remember that size does not matter; it is health that is important. Societal culture has a habit of dictating

ideals in female form, the more commercial the society, the more unrealistic the form seems to be. A whole industry is based upon making you unhappy with who you are and what you look like. There are, in fact, many societies which value the voluptuous female, one notable example is a tribal people who do not allow their girls to marry until they have spent a whole moon cycle inside a 'fattening hut'. Body fat is a huge factor in the female reproductive cycle. Keep these things in mind while you breathe in the aroma of the fragrance oils.

Visualize changing a little at a time. It is important that you do not create new stresses for yourself by wanting immediate results. Stress is often linked to weight gain and you will just be counteracting your good intentions.

Re-evaluate your goals. If your weight is unhealthy, change it. If weight loss is merely a vanity issue, consider if your body is capable of being changed in the way you desire. Some things are meant to be, accept them, and move on to a happier way of being.

Spell to Get a Job

Preparations;

- Light a green candle.
- Burn some white sage
- Bathe in warm water, add one cup of dried milk powder
- Relax.

As the milk dissolves in the water, visualize your stresses and worries melting away. Pamper yourself with the soothing bath. Let your skin reflect the smooth and luxurious lifestyle you wish to attain.

You are successful, you are confident; your goals are within reach.

You have the ability to take a simple bath of water, and with your ingenuity create a wonderful experience for your whole body. If you can do this, you can do anything. You are capable and reliable. You will be an asset to any company with your positive attitude. Be calm and at interview, remember how this bath felt.

Spell to Do the Dishes

Preparations;

- Light a red candle.
- Burn some Amber incense
- Bathe in jasmine fragranced water.
- Relax.

Let your partner know that you are going to bathe and that when you are done; you would like to go to bed. Mention casually that you need to do the dishes before retiring for the evening.

Relax in your bath, allowing the aromas to drift around your house as you bathe.

Visualize spending a relaxing and sensual time with your partner; let your mind wander to times you have spent together. . If you get the fragrances just right, the chances are the sensual thoughts drifted right into their mind too. Hopefully, the dishes will be done before you get out.

Don't worry if it doesn't work immediately. Just do the dishes tomorrow

Spell to Defend from Enemies

Preparations;

- Light a black candle.
- Burn some Patchouli incense
- Bathe in rue bath.
- Relax.

Visualize that you are in a warm bubble. The outside of the bubble is mirrored. It shines and reflects negativity back to those send it in your direction.

As you relax, reflect on the fact that their power over you is only as strong as you let it be. Gossip and other innuendo cannot harm you in the long term. Be calm, absorb the positive energies and strengthen the reflection outward of all the negative ones.

Rise above it, smile at the absurdity of it. Move onwards in your mind and as you go, create positive images of yourself to replace the negative ones you have accepted from others.

Spell to Stop Smoking

Preparations;

- Light a yellow candle.
- Burn some Balsam incense
- Bathe in warm water with mint leaves in it.
- Relax.

Soak in the menthol waters, inhale the sweet, clean fragrance and enjoy how it clears your nasal passages and sinus areas.

Now picture yourself in a cloud of car exhaust fumes. Picture the foul smoke going into the same passages that previously felt so clean. Realize that every time you smoke a cigarette you are inhaling toxins and poisoning the air that you breathe.

Visualize the smoke leaving you, and the clean menthol scent replacing it all. Do not smoke for 1 hour. Each time you perform this bathing ritual, increase your time without smoking by 10 minutes.

Spell to Bring Happiness

Preparations;

- Light a purple candle.
- Burn some Kyphi incense
- Bathe in apple fragranced water.
- Relax.

Apples are a wonderful fruit. They are fresh, and crisp and clean. They come in many shapes and sizes, flavours and colours, fragrances and tastes. Yet they are still simply apples, overlooked in their value to us in many ways.

Happiness is often the same way. Simple, abundant and often taken for granted because of its very simplicity. As you inhale the fragrance imagine all the small things in life that make you feel happy. A fragrance, a favourite book, the comfort of a cozy spot, taking off your shoes after a long day, sinking into a warm bath.

There are many things to be happy about in life, don't neglect them.

Spell to Bring Fertility

Preparations;

- Light a white candle.
- Burn some Vanilla incense
- Bathe in warm water with a couple of tablespoons of pomegranate juice dissolved in it.
- Relax.

Fertility is not only of the body but also of the mind. A fertile person is one who is constantly creating and bringing forth new ideas into the world. For some the ultimate is to procreate, yet a great contribution of the spirit can be like a child to others. Whatever your spirit needs, allow it to generate for itself. Accept things for what they are and focus your energy on creation.

After menopause, creation continues in other ways. The balance of life comes around and your energies are stronger. Take full advantage of this time. Become an adventurer.

Spell to Bring Relaxation

Preparations;

- Light a lavender candle.
- Burn some lavender incense
- Bathe in a lavender and chamomile milk bath
- Relax.

This is the ultimate in relaxation. Lavender has for centuries been the star of the show. It smells wonderful. It soothes away the cares of the world. It looks good and the colour is spiritually restful.

Add some Chamomile for the sleepy, softness of skin, and you have a winning combination.

Relax in your warm bath. Feel your cares melt away. Inhale the soothing aromas of nature.

Let the water drain away. Imagine all your cares in the water, being taken away slowly, slowly.

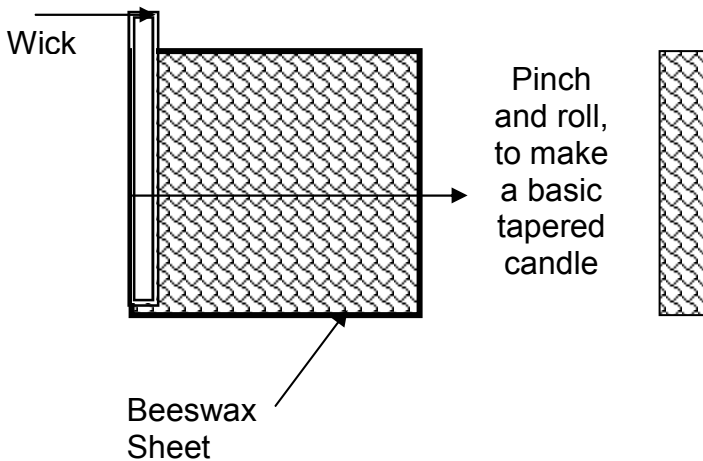
Feel your own inner self, coming back to your body and imagine yourself renewed.

RECIPES

Beeswax Candles

To make your candles, purchase sheets of beeswax and some wicks. Simply cut out a rectangle of the size you would like. Place the wick along the outside right edge of the wax. This is the most important part. The first crimp of wax around the wick is vital to the burning quality of the candle.

Roll the wax around the wick carefully. Then seal the seam by running your fingers along it. Beeswax is very pliable at room temperature. You may find it easier to allow the wax to warm slightly. Experiment with shapes and enjoy!



Jar Candles

You will need paraffin wax, a wick, [or a household candle] and a heatproof glass jar, plus a wax crayon of the colour you desire.

Place your paraffin wax in a double boiler and heat until melted. Melt into it the wax crayon for colour. Add any fragrance oils you wish, Place the wick in the center of the jar. I melt a little wax on it and let it set in place before I pour in the paraffin wax. Fill to just under the jar rim, being careful to leave some wick uncovered. Allow the wax to set.

[Make sure that children are supervised while making candles. Hot wax can be very painful in large quantities.] You can shortcut a couple of steps by setting a household candle into the jar and pouring wax around it. The same rules apply, and you can get some excellent colour combinations by doing this. Be aware though that the bought candle and the homemade one may burn at different speeds/temps. I also know someone who melts old jar candles in her microwave and remakes them with fresh scents. I don't know how well this works, but it's worth a try,

Kyphi Incense

This incense is well worth the effort taken to prepare it. Make a big batch of the dry version before you add the honey and it will store for a long time.

4 parts Frankincense, 2 parts Benzoin, 2 parts Gum Mastic, 2 parts Myrrh, 1 part Cedar, 1 part Ginger, ½ part Vetivert, ½ part Juniper Berries, ½ part Cinnamon, ½ part orris Root, ½ part Cassia, ½ part Cypress, ½ part Jasmine.

Grind and mix together the ingredients and store for a month in an airtight container. You may add a few drops of honey to the mix at this point and then leave for another two weeks. If desired, you may leave all the ingredients whole, or grind to a fine powder. I find that grinding slightly to a fairly coarse mixture is my favourite method.

Rose and Milk Bath Tea

You will need some dried rose petals, two drops of rose oil, 2 tablespoons of Epsom salts, a cup of dry milk powder one tablespoon of oatmeal, and a muslin teabag [you can use the foot of an old sock or pantyhose].

In a jar, mix together the Epsom salts and the rose fragrance oil. Let this stand for a day. Mix with the remaining ingredients and place into the muslin teabag.

Prepare your bath the usual way. While the hot water is running, drop the teabag under the hot water. The fragrance and milky clouds will soon turn an ordinary bathing experience into a wonderful aromatic pleasure. Use citrus peels and oils to invigorate. Lavender flowers and oils for a stress reducer. Experiment. Have fun!

Lavender Body Scrubs

Method 1

In a glass jar mix together two cups of lavender baby oil with enough Epsom salts to fill the jar. Leave it to sit until the mixture is totally soaked together. Rub onto skin, being careful to avoid sensitive areas [the salt is rough] rub gently to exfoliate rough skin. Rinse with warm water. The salt will dissolve and the oils will soften the refreshed skin.

Method 2

In a glass jar mix together ½ cup liquid soap with 5 drops of lavender essential oil. Fill the jar with Epsom salts. When the fragrance has infused into the salts, rub onto the body. The lather will refresh and clean as the salts aid to remove all impurities and slough off dead skin.

Peppermint Foot Scrub

Method 1

In a glass jar, mix together 10 drops of Peppermint essential oil and ½ cup of baby oil or mineral oil. Fill the jar to the top with Epsom salts. Soak feet in warm water and massage the scrub gently into the feet. Rinse and wrap feet in a warm towel until the oils are soaked into the skin. Wonderfully relaxing.

Method 2

In a glass jar, crush 2 cups of fresh Peppermint leaves. Cover them with a layer of Epsom salts. Leave for two days. Then add ½ cup of baby oil and shake vigorously. When thoroughly mixed, fill the jar with more salts. Leave for a day.

Use by scrubbing the feet with the mixture and allowing them to soak in the water into which the mixture has dissolved.

Honey Facial Masque

Method 1

In a small glass jar mix together a cup of finely ground oatmeal and 2 teaspoons of ground lavender flowers. Mix to a paste by adding enough honey to make it workable.

Apply to your face, making sure to avoid any sensitive areas such as the eyes. Leave on the skin for 15 minutes. Using warm water, gently massage the face. Rinse with warm water and pat gently dry.

Method 2 [great for acne]

In a small glass jar mix together a cup of finely ground oatmeal, 10 drops of Tea Tree oil and 2 drops of Eucalyptus essential oil. Mix to a paste with honey and leave for a week. Apply to your face. This may tingle a little as the oils open the pores, so use your own judgment as to timing.

SHARE THE WEALTH

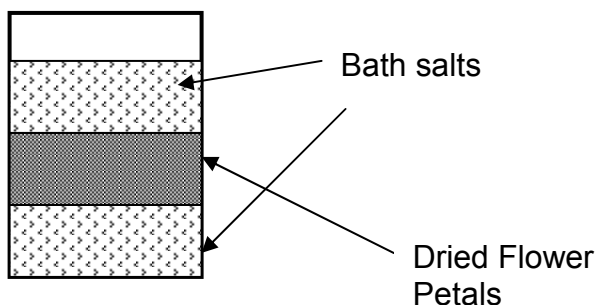
Share the Wealth

Now you have found peaceful times, share them with your friends, and loved ones. It very easy to make the incenses and bath scrubs in this book to give as gifts.

Choose unusual bottles, jars, even test tubes for the incense. I have used glass pasta jars with cork lids to fill with layers of flower petals and bath salts. Top of with a little wax to seal the cork in place and decorate with wired dried flowers.

Gift Jars

To make bath salts, soak Epsom salts or Dead Sea salts in a jar with drops of your favourite essential oil. Layer in a container with dried flower petals.



Decorate the lid by cutting a piece of lace to make a cover and glue to the lid, leaving a decorative edge. Finish the edge with a coordinating colour of ribbon.

If you make a large batch of salts, try fastening a little wooden scoop to the ribbon, and hang it down the outside of the jar.

You can use any combination of flowers and oils, but I would suggest that you experiment in small batches for yourself first, as some fragrances change over time. Place a drop of each of the oils on a piece of kitchen paper and leave in a jar. If you still like the combinations a week later, go ahead.

Bath Teas

These are the simplest of pleasures and a great gift. Follow the recipe for Rose Bath Tea. I make huge batches in old bulk pickle jars. The dry ingredients will separate out according to their weights, but the fragrances develop so much better in large amounts. Just make sure that when you fill the bags, you tilt the jars and get a good mix of ingredients.

There are several ways to dress them up. The simplest is to take small Ziploc bags and fill them with the bags. If you want to give a jar of the bath tea, just attach a single muslin teabag to the outside instead of a scoop. Fill a gift box with a variety of teas geared specifically towards an occasion. For instance, I give newlyweds an erotica box, filled with love spell candles, Damiana incense, Jasmine bath teas, and Honey body rubs.

A note of caution; please take the time to include a list of your ingredients in your gift packages. With herbal products there are many times when they are not suitable, such as pregnancy, lactation or in allergy cases. It's such a small courtesy, that can avoid much stress.

Combustible Incense

Gum tragacanth glue or mucilage [herb stores or drug stores]

To make – place a teaspoon of the ground herb in a glass of warm water. Mix thoroughly. Whisk, if

necessary. Let the glue absorb the water. For sticks you need a thin mix, for cones a thicker consistency [practice will tell ☺]

Basic Cone Incense

6 parts ground charcoal

1 part ground Benzoin

2 parts ground sandalwood

1 part ground orrisroot

6 drops essential oil

2 to 4 parts powdered incense ingredients as required

Combine the mixture well with your hands. Weigh mixture and then add 10% potassium nitrate – [saltpeter] available at drug stores.

Next add the glue mixture you made, one teaspoon at a time until all ingredients are wetted. Shape into cones.

If you would like to make sticks, make glue thinner, mix incense and dip sticks. When you have achieved the desired thickness, allow to dry. [You can poke them into Playdoh or clay or an orange to stand them up.]

A note to remember if you are making your own resin/wood incenses. Always use at least twice as much powdered wood as resin.

Remember that when burning candles or incense; you should not leave them unattended. This is doubly the case when using handmade items. They can be unpredictable in their burning. If you need to burn them to complete a ritual, stand them in the tub, surrounded by water. That way there is no danger of fire if they drop or fall.

Authors Note;

In traditional Witchcraft there are no hard and fast rules or rituals. You attune yourself with the natural flow of the universe and act accordingly. Therefore the preceding has been created with the intent of providing a mere guideline for those who are still in the process of finding their own drum to march to.

I hope it's helpful, but remember, do what you feel is right and it will work well.